

9. The clock of claim 1 further comprising a Host Site interfaced to the publicly accessible network, wherein the Host Site and the timing device are configured to program the time and an alarm in the timing device.

5 10. The clock of claim 9 further comprising a speech synthesizer that is a unitary part of the timing device.

11. The clock of claim 9 further comprising a closed captioning system that is a unitary part of the timing device.

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12. The clock of claim 1 wherein the timing device comprises an atomic clock.

13. The clock of claim 1 wherein the timing device is configured to access a DumpSite selected by at least one of a content provider, a commercial provider and a user, after playing the media.

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14. The clock of claim 1 wherein the timing device is configured to filter the user selected media by removing selected media.

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15. The clock of claim 14 wherein the harvested media is stored in memory dispersed across the Internet.

16. The clock of claim 1 wherein the timing device is configured to complete sweepstakes entries by entering data into sweepstakes forms.

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17. The clock of claim 1 wherein the handheld timing device comprises a computer.

18. The clock of claim 1 wherein the timing device is further configured to play multimedia that provides long-term impact on at least one of a user's state, arousal, and consciousness.

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19. An Internet clock, comprising:
a publicly accessible network;
a Host Site in communication with the publicly accessible network;
a handheld timing device in communication with the user interface, the timing
5 device being configured to track universal time and harvest a user selected audio and
visual addresses through the Host Site, the timing device further comprising a media
player configured to play the audio and visual information by accessing the audio and
visual addresses and playing audio and visual information in a programmed order
with a selected commercial media at a predetermined time in a real time.
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20. The Internet clock of claim 19 further comprising a voice recognition circuit
interfaced to the Host Site that recognizes and executes spoken commands.
21. The Internet clock of claim 19 wherein the timing device further comprising a
15 sweepstakes module configured to complete sweepstakes entries by receiving data
and entering data at a Sweepstakes Site.
22. A method of playing selected video and audio at a desired time, comprising:
programming a desired launch time;
20 interfacing with a publicly accessible network at the desired launch time;
harvesting the publicly accessible network for a user selected media;
combining the user identified media with a commercial media;
playing the combined user identified media with the commercial media
through a standalone handheld timing device at a programmed time in a progressive
25 process; and
interfacing with the handheld timing device to a Site on a publicly accessible
network after the media is played.
23. The method of claim 22 further comprising connecting to a Host Site; entering
30 personal data and interface parameters; retrieving sweepstakes forms; and completing
the sweepstakes forms at a programmed time.